

Make a good choice.



Look for the **Good Choice** symbol when choosing a healthy snack in the vending machine.

What to look for:

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

No more than 200 calories per package.

No more than 35% of calories from fat.
Ex.: $250 \times 35\% = 87.5$
*except nuts or seeds

No more than 10% of calories from saturated fat.
*except nuts or seeds

0 grams of trans fat.

No more than 200 milligrams of sodium per package.

No more than 35% of calories from total sugars.

Each snack item must contain at least one of the following:

- ✓ ¼ cup of fruit, non-fried vegetable or fat-free/low fat dairy
- ✓ 1 ounce of nuts or seeds or 1 T. nut butter
- ✓ the first ingredient in a grain product as whole grain
- ✓ at least 10% of the daily value of calcium, potassium, vitamin D or fiber.

Source: Alabama Healthy Vending Machine Program. 2012.

http://www.adph.org/NUTRITION/assets/AHVMP_ProjectSummary.pdf

National Alliance for Nutrition and Activity <http://cspinet.org/new/pdf/final-model-vending-standards.pdf>